

Abstract

Title: The level of physical activity for young football players due to health recommendations

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Objectives: The aim of this work is the weekly monitoring of physical activity for young football players and determine its size due to health recommendations for their age category. Then comparison of the possible difference results in selected indicators of physical activity between younger (Under 13 year) and older (Under 15 year) football players.

Methods: The monitoring files consist of younger football players ($n= 15$; $12,6 \pm 0,5$ years old) and older football players ($n= 15$; $14,7 \pm 0,5$ years old). The accelerometers Actigraph GT3X were used for determining level of physical activity during the week. The written answer sheet of physical activity were used for obtaining additional information.

Results: The results of monitoring of physical activity shows that both groups of players exceeded the reference value of physical activity in all its indicators. Younger and older football players significantly exceeded the daily recommended value which is 60 minutes of physical activity spent in moderate to very high intensity. In terms of energy expenditure value and the number of steps both groups achieved the shown recommended values: 11 kcal.kg and 13 000 steps per day. The results showed that younger football players are physically more active than older football players. We can say that regular organized sports activity not only helps to fulfillment daily recommended values of physical activity for healthy physical development , which was confirmed by the results achieved, but also regular physical activity has a positive effect on the behavior of young people in their spare time .

Keywords: physical activity, energy expenditure, intensity, accelerometer, number of steps, football, youth